

WHAT PARTICIPANTS ARE SAYING ABOUT IOWA'S BOW PROGRAM:

"Knowledgeable instructors,
friendly and patient!"
48-year-old
student

"Enjoyable! Nobody makes
you feel like a dummy."
47-year-old
accountant

"This year I brought two
friends and it was great
to see them enjoy BOW
as much as I do!"
40-year-old
occupational therapist

"I learned new
skills and had
a stress-free
weekend."
30-year-old
chemist

"My favorite part
was being with
a large group of
women, meeting
new people, close-
knit feeling."
24-year-old
genetic resresearcher

"Relaxing and fun!"
25-year-old
student

"Will try to get
others to come in
the future."
64-year-old
business manager

Other outdoor skills camps/workshops
available through the DNR include:

Outdoor Journey (OJ) for young women
12 to 15 years of age

Hunting and Conservation Camp (HACC)
for young men 12 to 15 years of age

**American Wilderness Leadership School
(AWLS)** for teachers and outdoor educators

Visit our web site at www.iowadnr.gov and
click on "camps and workshops" for more
information on these and other educational
opportunities.

Iowa's Becoming an Outdoors-Woman
program is sponsored by a number of local
and national organizations in partnership
with the DNR. To learn more about the
International BOW program go to
www.uwsp.edu/cnr/bow/



IOWA DEPARTMENT OF NATURAL RESOURCES

502 East 9th Street
Des Moines, Iowa 50319-0034
515-281-6159

www.iowadnr.gov

Equal Opportunity

Under Title VI of the 1964 Civil Rights Act, Section 504 of the rehabilitation Act of 1973, the Age discrimination Act of 1975 and Title IX of the Education Amendments of 1972, federal regulations prohibit discrimination on the basis of race, color, national origin, or handicap. If you believe that you have been discriminated against in any program, activity, or facility as described above, or if you desire further information, please write to, Director, Iowa Department of Natural Resources, Wallace State Office Building, 502 E. 9th St., Des Moines, IA 50319-0034

BOW

BECOMING AN OUTDOORS WOMAN



EXPLORE, LEARN, GROW



*Outdoors-
Woman*



HISTORY

The Becoming an Outdoors-Woman program began in 1991, offered through the University of Wisconsin-Stevens Point. The first workshop, held near Tomahawk, Wisconsin, filled to capacity. Since then, more than 40 states, several Canadian provinces and New Zealand have adopted the BOW program. Each year, more than 80 weekend-long workshops are held all across North America attracting more than 20,000 women. The workshops introduce women to a variety of activities equally balanced between hunting and shooting, fishing, and non-harvest sports like canoeing and camping. Iowa held its first workshop in 1993 at the Springbrook Conservation Education Center near Guthrie Center and continues to hold an annual workshop each fall at the same facility. Iowa's workshop attracts women from all around Iowa as well as other states. Women range in age from 18 to 80 with the majority between 35-55 years of age.

AGENDA

Women choose from more than 20 different skills classes which may include basic fishing, muzzleloading, fly fishing, birdwatching, archery, nature photography, beginning shooting, basic motor boat skills, orienteering and map reading, GPS, kayaking, canoeing, camping, Dutch oven cooking, dog handling, backpacking and much more. Participants arrive midday Friday and stay on-site through Sunday noon. BOW participants are also treated to a variety of evening entertainment, speakers and more. Each year, Iowa's workshop receives outstanding reviews by participants and interest in the program continues to grow.

FACILITY

Springbrook Conservation Education Center is located an hour northwest of Des Moines, in Springbrook State Park. The diverse habitats and activities available at the facility make it an ideal location for this program.

LODGING

Lodging is in modern air-conditioned/heated dormitories with eight people per room. Bedding and towels are provided, with shower and lounge facilities in the dorms.

COST

The workshop fee includes instruction, program materials, use of demonstration equipment, lodging and all meals. A limited number of scholarships are available to first-time participants, with preference given to full-time students, single-parent households and Iowa residents.

TO REGISTER

Registration information is available through the DNR web site at www.iowadnr.gov or by contacting Julie Sparks at 515-281-6159 or julie.sparks@dnr.state.ia.us

BECOMING AN OUTDOORS-WOMAN (BOW) MEANS BECOMING MORE COMPETENT, MORE CONFIDENT AND MORE AWARE. BOW IS AN OUTDOOR SKILLS PROGRAM THAT OFFERS WOMEN A CHANCE TO GROW.

